

City of Torrance

**5-0 and on the go!**  
Promoting fitness, fun, and friendships

SEPTEMBER/OCTOBER 2020



# FREE FLU SHOTS

Co-sponsored by the LA County Department of Health



**MASKS are  
Required**

**Social  
Distancing 6ft  
enforced**

**A-L last names  
come at 10 a.m.**

**M-Z last names  
come at 11 a.m.**

**TUESDAY**

**October 27, 2020**

**10:00 a.m. - 12:00 noon**

**KEN MILLER  
RECREATION CENTER**

**3341 Torrance Blvd.**

City of Torrance Community Services Department  
Recreation Services Division

3031 Torrance Blvd. Torrance, CA 90503

310/618-2930 • [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)

"Creating and Enriching the Community through People, Programs and Partnerships"



Printed on Recycled Paper



The health and safety of our residents and visitors is our highest priority, and the City of Torrance is striving to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19. Therefore, the Bartlett and Tillim Senior Centers will be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park are canceled.

We are disappointed that we have had to make these difficult decisions and we will reassess their status on a weekly basis. We will also continue to monitor COVID-19 and its effect on the public closely to make the best informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.

For information about resources for seniors or if you have any questions about what Torrance is doing for seniors, call the **Senior CoVid-19 Info Hotline** at 310-320-5918



## **Torrance Cares Farmers' Market Curbside Pick-Up Program**

The Torrance Cares Farmers' Market Curbside Pick-Up Program allows Torrance at-risk residents (seniors 60+, those with disabilities, and those with underlying health conditions) to pre-order a pre-selected produce box directly from the farmer and pick it up at Wilson Park, without having to get out of the car. To order please go to: <https://www.cityoftorranceca.com/tcfarmersmarket.html>

Customers will pre-order from the Farmer and pay directly in advance. Please follow instructions specific to the Farmer you are placing an order with. All sales will be considered final.

**Customers must arrange for their pick-up time  
by contacting Joyce Chan at 310-781-7520.**

Staff will take names, check ID, and deliver orders to customer in the Wilson Park roundabout.



### **FOR ADDITIONAL INFORMATION**

Torrance Certified Farmers' Market at Wilson Park

2400 Jefferson St., Torrance, California

[JChan@TorranceCA.Gov](mailto:JChan@TorranceCA.Gov)

310-781-7520

[www.CityOfTorranceCA.com/TCFarmersMarket.html](http://www.CityOfTorranceCA.com/TCFarmersMarket.html)

Stay Safe, Stay Healthy, Stay Home.

Our City. Your Home. #TorranceCares

## **CitiCable Presents: COVID-19 Today**

Monday to Thursday at 4 p.m.

Friday to Sunday at 2 p.m.

Catch Torrance CitiCable's newest program

"COVID-19 today" and get daily live updates on the  
Coronavirus health crisis and its impact here in Torrance.





## GoldenTALK - 24hr Senior Chatline

(888) 60-GOLDEN OR (888) 604-6533

GoldenTALK is a chat and crisis line for Older Adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.

### Trivia Quiz!

(answers below)



1. Kingston, Zuma, and Apollo are the sons of which American female pop star?
2. Fissures, vents and plugs are all associated with which geological feature?
3. Which author wrote the 'Winnie-the-Pooh' books?
4. In a game of bingo, which number is represented by the phrase "two little ducks?"
5. Which Dutch artist painted "Girl with a Pearl Earring?"
6. Where were the Declaration of Independence, the Constitution, and the Bill of Rights stored during World War II?
7. Which country consumes the most chocolate per capita?
8. Which two U.S. states don't observe Daylight Saving Time?
9. What is the loudest animal on Earth?



### Re-imagine Recreation!



Staying active may seem difficult while social distancing, but a little distance can go a long way. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your Focus - benefits that can be especially important during stressful times. Discover how to stay active with our Virtual Recreation Center and Resources.

Explore the Virtual Recreation Center now at:  
[www.TorranceCa.gov/Services/Virtual-Recreation](http://www.TorranceCa.gov/Services/Virtual-Recreation)



Trivia Quiz Answers:  
1. Gwen Stefani 2. Volcanos 3. A. A. Milne 4. I-22 5. Vermeer  
6. Fort Knox 7. Switzerland 8. Arizona & Hawaii 9. Sperm whale

**Delivered Meals:** These agencies will provide home delivered meals to seniors.



## *Torrance-South Bay Family YMCA*

*(310) 602-4883 Shirley or (310) 602-4909 msg*

*Due to social distancing, dine-in meals are not currently available.*

*The YMCA is providing frozen meals for those 60 years+ and over.*



**MEALS  
ON WHEELS**

*Serving Torrance and Lomita, California*

## *Torrance-Lomita Meals on Wheels*

*(310) 542-3434 www.TLMOW.org*

*Due to the new realities of our world, Torrance-Lomita Meals on Wheels has temporarily modified our meal delivery program. We now deliver five days of frozen meals on Mondays.*

*Donations are welcome!*



When there is an emergency, get the information first with **TorranceAlerts**, the City of Torrance early warning notification system.

**TorranceAlerts** is our mass emergency notification system that enables you to receive early warning notifications concerning emergency events such as an earthquake, fire, public health emergency or similar situation. A **TorranceAlert** will be sent when the City is informing you of a "call to action," such as evacuate, avoid, shelter, etc. to your telephone, email, and/or text. You can also download the app to receive notifications.

Individuals with disabilities who need assistance registering for **TorranceAlerts** may call the Interactive Communications Office at 310.618.5762 during regular business hours: Monday – Thursday and alternate Fridays, 8:00a.m. to 5:00p.m. or email us at [TorranceAlerts@TorranceCA.Gov](mailto:TorranceAlerts@TorranceCA.Gov)

# ZOOM



Are you interested in learning how to ZOOM? ZOOM is a free service connecting people using one's own SMART PHONE or computer.

Staff are exploring ways to reach seniors using ZOOM through a variety of interactive programs.

Call Bartlett Center to find out more information Monday - Friday 9:00a.m. - 4:00p.m. (310) 320-5918. Staff can help you ZOOM!



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet  
(about 2 arms' length)  
from other people.



Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.



When in public, wear a  
cloth face covering over  
your nose and mouth.



Do not touch your  
eyes, nose, and mouth.



Clean and disinfect  
frequently touched  
objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

316917-A May 13, 2020 11:00 AM

# Great Plates Delivered

**Great Plates Delivered** is designed to support adults 65 and older and adults 60-64 who are at high-risk from COVID-19, in staying home and staying healthy by delivering a maximum of three (3) nutritious meals a day, and also provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis.

## Who qualifies for enrollment into the program?

- Individuals who are 65 or older, or 60-64 and at high-risk as defined by the CDC, including:
  - ✓ Individuals who are COVID-19 positive (as documented by a state/local public health official or medical health professional),
  - ✓ Individuals who have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional), or
  - ✓ Individuals with an underlying condition.
- Individuals must live alone or with one other program-eligible adult
- Participants must not be currently receiving assistance from other state or federal nutrition assistance programs
- Participants must earn no more than 600% of the federal poverty limit
- Individuals must affirm an inability to prepare or obtain meals



## Will I be charged for meals delivered?

No, meals are delivered free of charge through this program.

## How many meals may be delivered per day?

Each individual is allowed a maximum of three (3) nutritious meals per day.

## How can I enroll into the program if I believe I qualify?

To enroll call 2-1-1 - Operators are available to help you enroll in Great Plates Delivered.



## Free COVID-19 Testing for Residents of Los Angeles County

- The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to **ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms. Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell. Testing is by appointment only.
- To confirm eligibility and testing appointment availability, go to: [Coronavirus.LACity.org/Testing](https://Coronavirus.LACity.org/Testing)
- Residents of LA County without internet access can call 2-1-1, where operators can assist with online registration to determine eligibility and appointment details.
- For more information, please visit the Los Angeles County Department of Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/>

# EXERCISE



Official Sit and Be Fit

<https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

Official Jazzercise

<https://www.youtube.com/c/JazzerciseInc/videos>

BeachTV Yoga

<https://www.youtube.com/playlist?list=PL1POu-XNKt4lQjw-18xEfLGY-cxnyaQP>

BeachTV Tai Chi

<https://www.youtube.com/playlist?list=PL1POu-XNKt4nKXME08IMSWkxh06UiasuZE>



## Lap Swim at the Torrance Plunge



Reservations are first come, first serve. Create an account through *Sign-Up Genius*. Reservations will post weekly at 10:00 am, every Monday for the following week. *Limit of 3 swims per week. Waiver is required for entry.*

To obtain a **SIGN UP GENIUS** account: Type this link into your browser:

<https://www.signupgenius.com/>

How to register for a **LAP SWIM TIME** slot: Type this link into your browser:

<https://www.signupgenius.com/go/904044ca5ae2fabff2-torrance>

Need help getting registering for *Sign Up Genius*?

Type this link into your browser for instructions!

<https://www.torranceca.gov/home/showdocument?id=61214>



## *An Island of Wilderness in the City!*



A visit to the Madrona Marsh Preserve is truly a unique experience. Come and explore one of the last remaining vernal marshes in Southern California. The Madrona Marsh Preserve is currently open Thursdays, Fridays, & Saturdays. Please note: Sign-in at the entry station to the Preserve. A limited number of visitors will be allowed onto the Preserve and there is a time limit of 2 hours on the Preserve. Group entry is limited to same household or living unit only. Please call (310) 782-3989 for more information. The entrance gate to the Preserve is directly across the street from the Nature Center, where there's plenty of parking available.

### **Madrona Marsh Preserve & Nature Center**

3201 Plaza Del Amo

Torrance, CA 90503

(310) 782-3989

Please note: Madrona Marsh Nature Center remains closed.



## What's Cooking?

How about a cool, refreshing salad for a hot summer day?

### Mediterranean Salad

- 1 Large Cucumber
- 3 Roma Tomatoes
- 1 Bunch of Green onions, chopped
- 4 tbsp Olive Oil
- 6 tbsp lemon juice
- 1 tsp salt
- 1 tsp mint

- 1) Slice the cucumbers.
- 2) Quarter the tomatoes.
- 3) Place cucumber, green onion, and tomatoes onto bowl or plate.
- 4) Drizzle olive oil and lemon juice over salad. Sprinkle with mint.
- 5) Add Salt to taste.
- 6) If you're feeling adventurous you can add burrata, an Italian cow milk cheese made from mozzarella and cream. Just tear it up and add it on top!



# Geology Word Search

M	I	O	O	U	T	E	R	C	O	R	E	P	T	S	T	L
O	S	P	R	U	R	C	E	I	L	N	K	L	A	O	P	G
T	G	E	M	S	T	O	N	E	E	Y	A	R	T	N	A	L
C	Y	T	I	M	I	N	I	N	G	R	U	C	C	N	A	E
E	N	R	L	S	E	G	K	O	E	O	Q	I	L	T	A	T
I	T	O	A	R	M	L	L	N	N	I	H	A	S	O	M	M
L	E	L	C	T	E	O	I	P	E	P	T	Y	T	K	V	F
A	P	O	U	Y	N	M	L	G	R	E	R	O	S	I	O	N
U	R	G	C	A	A	E	M	O	H	C	A	R	O	S	A	E
E	E	Y	C	G	F	R	M	A	G	A	E	T	S	C	L	G
F	P	L	M	G	E	A	O	I	H	Y	O	I	R	I	L	Y
T	U	A	G	R	T	T	E	G	D	K	L	T	O	N	U	G
V	O	A	G	E	O	E	F	N	O	E	C	L	G	O	V	O
T	L	A	M	G	T	E	R	E	H	P	S	O	H	T	I	L
E	Y	Y	V	A	R	O	L	O	G	T	S	U	R	C	U	O
I	A	N	L	T	C	R	R	U	C	O	A	G	E	E	M	E
A	E	P	M	E	O	L	M	S	M	K	T	A	G	T	E	G

Aggregate  
 Alluvium  
 Conglomerate  
 Crust  
 Crystal  
 Earthquake  
 Erosion  
 Fault  
 Fossil  
 Gemstone

Geology  
 Igneous  
 Inner Core  
 Lithosphere  
 Loupe  
 Magma  
 Mantle  
 Metamorphic  
 Mineral  
 Mining

Outer Core  
 Petrology  
 Plate  
 Rock  
 Rock Hammer  
 Sedimentary  
 Seismology  
 Tectonics  
 Volcano  
 Vulcanology



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# CITY OF TORRANCE

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**Community Services Department**  
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Torrance, CA 90509-2970

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